A Cardinal Times Special Feature

Getting into college 101

College: that seven-letter "C" word that looms over approximately 80% of Lincoln students. Whether you're a freshman or a senior, the prospects come sooner than you expect. To help those college-bound students out, here are some helpful hints.

FINANCIAL AID

Deciphering financial aid applications can be confusing and frustrating, but a new, more "user friendly" policy has been formulated to relieve the stress that comes with the process. Here' s the low down on the new information:

WHAT: CSS (College Scholarship Service) Financial Aid Profile. It is necessary for private schools. You can list a maximum of 10 schools from the CSS code list on the form. Processed results are sent back with estimated financial aid packets which cover all the specific questions that colleges you listed ask. However, along with the CSS Profile, the traditional FAFSA (Free Application for Student Federal Aid) and FAF (Financial Aid Form) application must be completed as well.

THE GOOD:
· Gets rid of superfluous financial aid questions that individual colleges ask.
· Saves time.
· Forces students to decide early where they want to apply.

THE BAD:
· Forces students to decide early where they want to apply
· If you change your mind and decide to apply to a college that you didn' t list on the CSS form, you might not get as good of an offer and the extra time it takes to fill our additional forms creates more work.

THE UGLY:
· Each college you list costs $14. 50, plus an additional $5 shipping and handling fee.
· Must be mailed *at least* 1 month before college deadline.

WHAT SENIORS SHOULD BE DOING NOW:

- ❑ Take the SATs and SAT IIs again, if necessary.
- ❑ Visit the colleges that you are applying to and schedule appointments for interviews.
- ❑ Start working on college essays and applications.
- ❑ Fill out the Personal Data packet and return to your counselor.
- ❑ Get teacher recommendations as soon as possible.

"Get organized, plan ahead. Once you have written your applications and sent them off, stop worrying--enjoy life."
-Nicholas Sky, college coordinator

VISITING SCHOOLS

COLUMBIA UNIVERSITY
OCT. 2, 2:40 P.M., CCRM*
PITZER COLLEGE
OCT. 3, 2:40 P.M., CCRM
MIDDLEBURY COLLEGE
OCT. 4, 12:19 P.M., CCRM
UNIVERSITY OF PUGET SOUND
OCT. 4, 12: 19 P.M., CCRM
ST. OLAF UNIVERSITY
OCT. 4, 2:40 P.M., RM. 169
BROWN UNIVERSITY
OCT. 4, 2:40 P.M., CCRM
COLORADO COLLEGE
OCT. 5, 2:40 P.M. CCRM
LINFIELD COLLEGE
OCT. 10, 12:10 P.M., CCRM
OCCIDENTAL COLLEGE
OCT. 12, 12:10 P.M., CCRM
* COLLEGE COUNSELING ROOM

JUNIOR YEAR CHECKLIST

- ❑ Take the PSATs. They are highly recommended, and good practice for the SATs. If you score in the highest percentile, you' ll be qualified for a National Merit Scholarship.
- ❑ Visit colleges during spring break or the summer, if possible.
- ❑ Attend college visitation meetings at lunch and after school.
- ❑ Take an SAT preparation course or purchase SAT preparation books and computer programs to drill yourself.
- ❑ Discuss prospective colleges with your counselor or make an appointment with a private counselor.
- ❑ Take the SATs in May and the SATs in June, if planning to apply to a private school.

GETTING OUT OF LHS FIRST

· LHS REQUIREMENTS ·

The following is a list of requirements to receive a Lincoln High School diploma:
- 4 English credits
- 2 math credits
- 2 science credits
- 7 electives
- 1 physical education credit
- 1 U.S. history credit
- 1 global studies credit
- 1 applied art credit
- 1/2 economics credit
- 1/2 civics credit
- 1 health credit
- 1/2 personal finance credit
- 1/2 career development credit

· STATE REQUIREMENTS ·

The following is a list of state requirements to receive a diploma in any Oregon public high school:
- 4 English credits
- 2 math credits
- 2 science credits
- 1 physical education credit
- 1 U.S. history credit
- 1 global studies credit
- 1 applied art credit
- 1/2 economics credit
- 1/2 civics credit
- 2 college prep courses

**Beginning with the Class of 1997, all high school graduates will be required to take two credits of a foreign language instead of one.*

THE COLLEGE 4-1-1

Unknown to many students, the counseling office and library provides a plethora of college information at no charge- - just sign your name on a check-out list. The following are suggestions of informative resources that can be found in the counseling office and library:

✍ *Fiske's Guide to Colleges* - - Representatives are sent to colleges to talk to students and get their opinions.

✍ *Insider's Guide* - - Students from various colleges are surveyed.

✍ *LHS Guidebook*- - A good way to compare yourself with student success rate in the past.

✍ *Video tapes* - - Video tapes of various schools shown at the National College Convention are available in the library.

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Geometry Skills A great course for students taking geometry who feel they could use a little extra tutoring.
The Kilby Company
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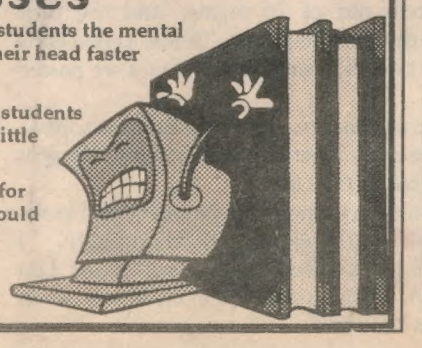

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Focus on... SOCCER

Girls soccer hangin' tough

Sarah Madden

Pinpoint!: **Senior Krissy Swanson launches a perfect pass at soccer practice.**

BY ALTHEA RODGERS

The girls varsity soccer team has started its season with a bang, demolishing Roosevelt Sept. 26, 9-0. Scoring two goals within a minute of each other, the Cards are led by seniors Stacy Merlitti, Kate Mortland and Krissy Swenson who had a hat trick in the game.

"It' s tough to open against teams like Roosevelt and Marshall," said junior Demaree Raveaux, "because then we have to work twice as hard to prepare ourselves for teams like Grant." The Cards game against last year' s PIL champions, Grant, will be at Grant, Oct. 5 at 4 p. m. "Grant we feel will be our biggest challenge," said junior Krista Clark.

> ***We have a team of good players.***
> Melanie Plies
> JUNIOR

Lincoln has a real team approach. "We have a team of good players," said junior Melanie Plies. "The bench is good and we all play a lot." The team placed fourth last year behind Wilson, Cleveland and Grant, but lost to Cleveland in the State qualifying tournament.

Boys bounce back

BY MARK HWEE

Boys varsity is back with their trademark socks and aggressive style of play. The group of 19 boys, which breaks down to 10 seniors, five juniors, two sophomores and two freshmen, began the journey to the top of PIL by winning their first league game against Roosevelt.

After a dissapointing 2-4-1 preseason, the Cards came back and rocked the Roughriders 4-0 on Sept. 26, behind two first-half goals by senior Dave Herbold. "We got off to a slow start," said senior Erich Kunrath, "but I think we' re starting to get things together."

A major problem for the team has been a plague of injuries. Three returning varsity players; seniors Herbold, Adam Mougey, and Brian Jennaro, have all been injured thus far. Along with the injuries, though, there have been a lot of positives. "Some of the pluses are that we have a lot more depth and more experience then last year," said Jennaro.

Lincoln's soccer teams have placed third in the PIL for the last three years. In the past, soccer playoffs only allowed the top two teams to proceed on to state, but now regulations allow the top four.

TEAM ROSTERS

NO	BOYS	YR
G	Tyler Ranf	11
G	Randall Sachtler	09
02	David Jacobson	10
03	Tyler Mintkeski	12
04	Andrew Usher	12
05	Conor Jones	09
07	Erich Kunrath	12
08	Sam Hopkins	11
10	Alex Briggs	11
11	Alistar Ono	11
12	Robert MacKay	11
14	Andrew Lightcap	12
15	Adam Mougey	12
16	David Herbold	12
17	John Froman	12
18	Brian Jennero	12
19	Ian Johnstone	10
20	Jason Kafoury	12
21	Trevor Campbell	12

NO	GIRLS	YR
G	Gina Pieretti	11
G	Ali Kantor	11
02	Vanessa Bird	12
03	Jill Waldman	12
04	Haley Miller	11
05	Kate Mortland	12
06	Thea Handel man	11
07	Krissy Swanson	12
08	Stacy Merlitti	12
09	Melanie Plies	11
10	Ashleigh Murphy	12
11	Jillian Nichols	11
12	Maren Elliot	11
13	Dara Polk	12
14	Kumba Yambasu	11
15	Krista Clark	11
16	Arianne Sperry	12
17	Laura Deacon	12
18	Annie Mortland	12
19	Demaree Raveaux	11

DID YOU KNOW...

At each home volleyball game, there is a prize drawing for spectators. Recent prizes have included gift certificates to Tommy Luke Flowers and Newport Bay restaurant.

CALENDAR

TODAY
V. girls soccer @ Gladstone, p.m.

TUESDAY, OCTOBER 3
Cross country @ Grant, 4 p.m.
V. boy's soccer vs. Jefferson @ Lincoln, 7 p.m.
V. volleyball vs. Franklin and Madison @ Grant, 4:30 p.m.

THURSDAY, OCTOBER 5
V. boy's soccer vs. Grant @ Lincoln, 7 p.m.
V. girl's soccer @ Grant, 4 p.m.
V. volleyball @ Cleveland, 4:45 p.m.

FRIDAY, OCTOBER 6
V. football vs. Cleveland @ Lincoln, 7:30 p.m.

SATURDAY, OCTOBER 7
V. volleyball tournament @ Westview, 8 am.

MONDAY, OCTOBER 9
Cross country @ Washington Park, 4 p.m.
V. volleyball vs. Roosevelt @ Lincoln, 4:45 p.m.
V. boy's soccer @ Wilson, 7:00 p.m.
V. girl's soccer vs. Wilson @ Lincoln, 7:00 p.m.

Football team running up the yards

BY BRANDON BIRDWELL

Varsity football has stumbled out of the gate this season, dropping its first three games by a combined score of 105-20. Last week' s 32-7 loss to Madison came on the heels of a 33-13 loss to Grant and a 40-0 defeat by Jefferson on opening night.

After scoring on their opening drive against the Senators, the Cards turned the ball over eight times and surrendered 32 consecutive points. The eight turnovers left Lincoln at the top of the PIL list, with 16 total giveaways on the season. "We have to cut down on our turnovers," said head coach Rich Dodge.

Despite the slow start, there have been some bright spots, and the team' s still optimistic about turning things around. "Our team is good," said senior lineman Miles VonBergen. "We just have problems putting it all together. One of these games everything will click, and we' ll win a lot more." Senior quarterback Koll Reynolds leads the PIL in total yardage with 451 yards, and senior fullback Jesse Thompson ranks 9th with 308. The Cards have also gotten a lift from transfer Rico Torres, a junior halfback, who rolled up 118 yards in the past two games.

The Cards lost 39-0 at Marshall Friday, but hope to win this Friday against Cleveland.

Cross country keeps pace

BY REX PUTERBAUGH

Despite a rash of injuries, the cross country teams have started off 9-1 through their first two PIL meets. "The season's underway, and the Cards are off to a high flying-start," said coach David Bailey.

The varsity team' s next tests will be at the Stanford Invitational, a premiere national meet, Sept. 30, and Oct. 3, when they race against Madison and rival Grant at Grant.

On Oct. 10, the Cards race in what Bailey says maybe the toughest meet of the year, when they face last years PIL boys' champion Franklin.

Both teams tuned up last Tuesday, when they faced Marshall and Wilson in a dual meet at Gabriel Park. The girls swept the meet with 15 points and the boys, with 36 points, took second aehind Wilson who had 19. This placing came on the heels of wins over Jefferson, Benson and Rosevelt for both teams in a four-way meet at Fernhill Park, Sept. 19.

Lincoln raced in the South Salem Invitationa at Bush Pasture Park in Salem, last Saturday, where the girls came in 2nd out of 11 teams.

Varsity boys finished 13th out of 16 teams, despite the loss of junior David Heald, who had to withdraw during the race due to a hip injury. "If we don't hit any trees, we'll be one of the best teams in state," said Heald, who ran into a tree at the Sandy Invitational. The Cards were also without another top runner, sophomore George McCleary, who has had to sit out two meets due to a knee injury.

The Cards got a taste of their State competition at the Sandy Invitational which, according to Bailey, is the largest meet in Oregon. The girls finished sixth out of 26 teams, and the boys finished 11th out of 28 teams. "It was a good early test of our talents," said Bailey, "and we passed the test."

With two top runners, senior Christy and sophomore Carrie Lacy-Krietz out due to injury, the girls were still able to take 6th.

Early results have the team optimistic and looking forward to getting back to full strength. "I think we' ll have a great team," said junior Lisa Rosenbaum, "and it will be even better when everyone' s healthy."

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